

Banana Walnut Bread

Adapted from Starbucks.com

2 cups flour
1 tsp baking soda
¼ tsp salt
1 egg
1 cup Splenda®
½ cup applesauce, no sugar added
2 tablespoons buttermilk
½ teaspoon vanilla extract
3 ripe medium to large bananas, mashed
¾ cup walnuts, chopped

Preheat oven to 325 degrees F. Grease a 9 x5/3 loaf pan and dust with flour. Blend together the flour, baking soda and salt. Set aside. Stir together egg, Splenda® and applesauce. Add in the flour mixture and stir until blended. Stir in buttermilk, vanilla and mashed bananas—mix well. Fold in ½ cup of chopped walnuts (retain ¼ cup) and pour batter into prepared loaf pan. Top batter with remaining ¼ cup of chopped walnuts. Bake for 45-60 minutes, until a toothpick inserted into the center comes out clean. Cool for 10 minutes on a wire rack before removing from pan. Makes 10 small servings.

Nutrition information per serving: 204 calories, 6 grams protein, 6 grams fat, 34 grams carbohydrate, 206 mg sodium.